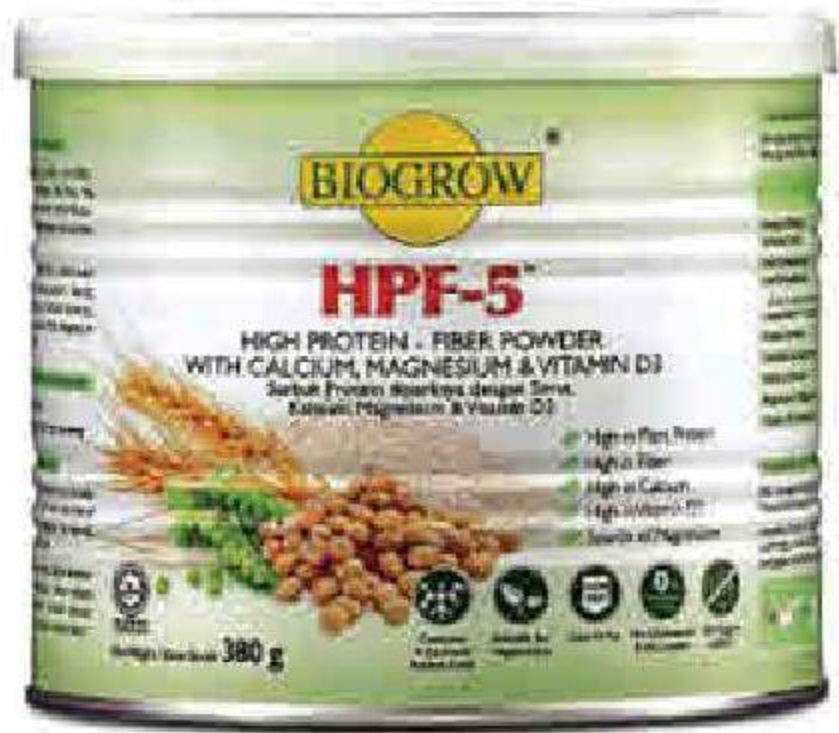


Enhanced with nutrients



Biogrow HPF-5 aids digestion as well as the development of strong bones and teeth.

BIOGROW HPF-5 is a unique blend of plant protein from certified non-genetically modified organism sources and digestive fibre. It contains additional bone health minerals such as calcium, magnesium and vitamin D3. Biogrow HPF-5 is suitable for all ages.

Replacing one or two servings of meat protein with plant protein can make a big health difference. A follow-up study published in the journal *Diabetes* in 2015 found that replacing one serving per day of animal protein for plant protein was associated with reduced risk for type 2 diabetes.

Plant proteins from beans and peas have been recommended by the *Canadian Diabetes Association clinical practice guidelines* for improving glycaemic control in type 2 diabetes patients.

Digesting animal protein releases sulphur-containing amino acids into the bloodstream, which neutralises with calcium and other buffering agents. High consumption of animal protein is often associated with higher risks of developing osteoporosis and causing high uric acid levels in the blood. Hence, choosing a healthier protein source from plants is a better alternative.

Unlike cow's milk or dairy products, which provide mainly animal protein and lactose, Biogrow HPF-5 contains no lactose, is low in saturated fats and has lower risk of being

contaminated with antibiotics and growth hormones.

Besides plant protein, Biogrow HPF-5 is packaged with fibre, calcium, magnesium and vitamin D3 for digestion as well as the development of strong bones and teeth. It contains nine essential amino acids to support growth in children, maintain muscle mass in ageing adults and help in weight management.

Biogrow HPF-5 is made up of more than 18% digestive fibre to help promote regular bowel movement for constipated individuals. Besides, it has bone health benefits with magnesium and vitamin D3 for better absorption, retention and utilisation of calcium. The high-protein fibre powder contains no cholesterol, added sugar and is dairy free. It is also suitable for vegetarians. One scoop, which is about 16g of Biogrow HPF-5, is recommended daily.

Biogrow HPF-5 makes a good alternative to milk and dairy products by supplying specialised nutrients to your bones, muscles and other tissues in the body. Strong muscles and bones help increase physical strength and enhance mobility for a better life.

This article is brought to you by Legosan (Malaysia) Sdn Bhd.

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